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Try these "new noodle" dishes—

On A Winter's Eve, W

"I have been dining in pasta restaurants and have really enjoyed the new sauces. Can you help with some recipes I can make at home?"

—Karen Adams,
Slidell, La.

Noodling up in front of a blazing fire on an icy winter night with a comforting bowl of well-sauced pasta is one of the nicest ways to enjoy the pleasures of the season. And pasta is an ideal way to delight every member of the family, since children and adults alike love noodles.

Pastas not only are economical and easy to prepare but also are rich in carbohydrates, and today's "new noodle" dishes can inspire culinary creativity. Most people think of pastas bathed in rich tomato sauces, but the tide has changed. Lighter vegetable sauces are definitely in their prime, sporting bell peppers of every hue, eggplants and fresh herbs.

One of our country's great noodle curiosities comes right out of the heartland: "Cincinnati Chili," a spiced meat sauce served over linguine and topped with the best chili garnishes and kidney beans. What a combination! For my own everyday fare, I still stay with the veggies, but I couldn't resist sharing this amazing recipe.

The best way to enjoy pasta is in a shallow bowl with a chunk of bread served alongside. (Cheese is optional—just be sure it is freshly grated.) Large cloth lap napkins are essential.

Once you become accustomed to these new fresh sauces, they are bound to become standard fare in your kitchen. One tip: When choosing your noodles, the lighter the sauce, the lighter the noodle. Cook the pasta until just tender.



Let Us Hear From You!

Are you new to cooking?
Or do you just need new recipes? Tell us about it. We cannot give personal replies, but Sheila will try to answer your questions in upcoming articles.

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